

**AMENDMENTS TO THE CLAIMS:**

This listing of claims will replace all prior versions and listings of claims in the application:

1-36. (Canceled)

37. (New) A method for providing video instruction to a user, comprising:

capturing a real-time signal associated with the user engaged in a physical activity;

generating information related to the physical activity of the user;

combining the real-time signal and generated information into an instructional signal; and

presenting the instructional signal to the user in real-time.

38. (New) The method of claim 37, wherein the information is generated by a computer.

39. (New) The method of claim 37, wherein the real-time signal associated with the user is captured with a video camera.

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40. (New) The method of claim 37, wherein presenting the instructional signal further comprises,  
projecting the instructional signal onto the eyes of the user.

41. (New) The method of claim 37, wherein combining real-time signal and generated information further comprises:  
formulating the instructional signal such that the user can view the real-time signal and generated information at the same time.

42. (New) A system for providing a real-time instructional video signal to a user, comprising:  
a video camera for capturing a real-time image associated with the user engaged in a physical activity;  
a processor for generating information related to the physical activity of the user;  
a mixer for combining the real-time signal and generated information into an instructional signal; and  
a display for presenting the instructional signal to the user in real-time.

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43. (New) The system of claim 42, wherein the display includes at least one of a head-mounted display or television monitor.

44. (New) The system of claim 42, wherein the instructional signal enables the user to view the real-time signal and generated information at the same time.

45. (New) A method for generating a real-time instructional video, comprising:

- receiving a real-time signal associated with a user performing a physical activity;
- obtaining real-time information from a processor;
- combining the real-time signal and the real-time information into an instructional signal; and
- sending the instructional signal to a display in real-time.